

STEPS TO HEALING

(Condensed from chapter 4)

Here are a few steps that will help us face the pain of our past, and move into a place of wholeness.

1. **If there is abuse happening right now**, you need to see how you can remove yourself from that situation.
2. **Cry out to God.** He really is on our side, and He can give us the supernatural strength and wisdom to deal with the pain of the past.
3. **Find someone to walk through the pain with you.** We need someone else's perspective and wisdom. This is where a counselor is so helpful. If you are not sure who to call, you can always call Crossroads as they have a 24/7 number you can call for prayer or to be connected to a church or counselor: 1-866-273-4444.
4. **Remember it takes time.** We need to understand that our pain has shaped us over time, and it will take time to bring healing as well.
5. **Take ownership of what you can.** We need to understand our "raw response." How do we react when we are raw, hurt, or have an emotional wound? Do we resort to any of the "fight, flight, or freeze" responses we looked at earlier?
6. **Take small steps.** Based on your talks with a counselor, with owning the things that you can control or change, set realistic goals. Do not expect everything to change overnight. But you can be persistent in taking a series of small steps that will help you eventually come to a place of wholeness.
7. **Look outward.** It is often as we begin to move beyond focusing on our own pain, to the pain of others, that we actually find healing for our own hurts!
8. **Believe!** Keep trusting that God wants your best and can help you.

